

Online Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am		Amy (<u>Yoga</u>)		O (<u>Yoga</u>)			
10:00 am	Brian (<u>Intestine/</u> <u>Core</u>)	Danielle (<u>Yoga</u>)	Sean (<u>Tai Chi/</u> <u>Qigong</u>)	Lakshmi (<u>Yoga</u>)	YooSoo (<u>Yoga</u>)	Ilene (<u>Yoga</u>)	Sean (<u>Yoga</u>)
1:00 pm		Laura (<u>Chair Yoga</u>)		Courtney (<u>Breathwork</u>)	Jean (<u>Chair Yoga</u>)	Rotating (<u>Yoga &</u> <u>Tai Chi</u>)	
6:30 pm		Chun Mu (<u>Yoga</u>)		Chun Mu (<u>Yoga</u>)			
7:00 pm	Melanie (<u>Intestine/</u> <u>Core</u>)		David (<u>Tai Chi/</u> <u>Qigong</u>)		Uthara (<u>Vibration</u>)		
9:00 pm				Meghan (<u>Yoga</u>)			